

# Salmon Loaf

Rating: ★

Makes: 8 servings

## Ingredients

- 1 **can** salmon (15 1/2 ounce)
- 2 **cups** bread crumbs, soft
- 1 onion (large, chopped)
- 1 **tablespoon** margarine (melted)
- 1/4 **cup** celery (diced)
- 1 **cup** milk, 1%
- 1 **tablespoon** lemon juice
- 1/3 **tablespoon** parsley (dried)
- 2 egg (large)

## Directions

1. Preheat oven to 325 degrees.
2. Drain salmon and remove skin if desired. Mash bones with meat.
3. Add the other ingredients.
4. Add enough milk so that the mixture is moist but not runny.
5. Place in a lightly oiled 9x5 inch loaf pan.
6. Bake for 45 minutes.
7. Serve.

University of Illinois, Extension Service, Wellness Ways Resource Book

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	8 g	12%
Protein	14 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	330 mg	14%